**AADI Recipe**
- **Bok Choy Tofu with Garlic Sauce**

This is an easy and delicious recipe that you could try on Meatless Mondays.

**Garlic Sauce**
*Ingredients:*
- ½ cup low sodium chicken broth
- ½ teaspoon no salt black bean paste
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sake or rice wine
- 1 ½ tablespoons sesame oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 2 tablespoons onions, minced
- 2 tablespoons oyster sauce
- 1 packet sucralose*
- 1/8 teaspoon black pepper
- 1 tablespoon cornstarch

*Sucralose is an artificial sweetener that contains no carbohydrate or calories. It can be purchased under the brand name Splenda or Nevella. You may substitute sucralose with the same amount of granulated sugar (1 packet of sucralose = 1 packet/1 teaspoon of sugar). Each teaspoon of sugar contains about 4 g of carbohydrate and 16 kcal.

**Directions:**
1. Mix all the ingredients in a saucepan. Bring to boil over medium high heat, stir constantly. Remove from heat and set aside.
2. Refrigerate the unused sauce immediately. Refrigerate up to 5 days.

**Servings:** 4
AADI Recipe - Bok Choy Tofu with Garlic Sauce

Bok Choy Tofu with Garlic Sauce
Ingredients:
- ½ cup red bell pepper, julienned
- 1 cup peas, fresh or frozen
- 1½ cup bok choy, roughly cut
- 5 ounces firm tofu, sliced
- 3 fluid ounces Garlic Sauce (see above recipe)

Directions:
1. Arrange the vegetables in a heatproof baking dish, top with the tofu and steam over boiling water until the vegetables are cooked, about 5-7 minutes.
2. Carefully transfer the tofu and vegetables to a serving dish and top with the garlic sauce.

Servings: 1

Cooking Tips:
You can turn this recipe into a vegetarian recipe by replacing the chicken broth with vegetable broth.

Nutrition Facts
Serving Size 1 serving

| Amount Per Serving | Calories 310 | Calories from Fat 90%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>650mg</td>
<td>27%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>35g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>10g</td>
<td>40%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
<td>42%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.